



Rides Supplement July 2009

Camberwell Downhill Gourmet Bike Riders

June Ride

The day started out catching up with some of the CDGBR old regulars who met up with us at Southbank for a quick chat, as they were not able to ride on the day. Then after introducing five new faces, 17 riders set off for a grand day of riding. The weather was perfect, wind behind us and the predicted afternoon rain was kept at bay long enough for everyone to reach their homes.

David started the Ride by leading everyone back over to the north side of the Yarra River and onto the Merri Creek Trail, stopping for an early lunch at the old Abbotsford Convent which happened to have a market day. After Lunch and a quick browse around the market, it was time to hit the saddle and head towards Clifton Hill and onto the Moonee Ponds Trail Path. It was at this point that three riders were unable to continue on and caught the train back into the City, leaving the remaining 14 riders to complete the Ride arriving back at Southbank at a much earlier time than anticipated with some 34kms behind them.

Thank you David for your efforts in organizing the June Ride – it was stimulating, friendly and most enjoyable.

Geraldine Powell

July Ride

Date: Sunday 19th July 2009

Ride: Croydon to Croydon
Full details to be confirmed by 13th July 2009.

If you are not on our mailing list please contact the Host for further information.

Host: Elva Parker
Telephone 9836 6392

Rides and Leaders for 2009

August 16th Bruce & Yvonne; **September** 20th Geraldine & David; **October** 18th Bruce & Yvonne;
November 15th ?

As you can see an organiser is still needed for November so think about offering your services.

Dinners: Fridays July 24th and November 20th

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure

departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day, unless specified. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am** at the 'Place to meet' (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

Those rides when Janet is not leading, alternative leaders will be listed.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

Date	Place to meet	Description and distance	Grade
July 8 th	Albion Station MEL 26 F10	<i>Circuit via Brimbank park to Southbank~ 55km</i> Riding verge of the Western Highway, Western Ring road, Maribyrnong River trail to city.	Medium with 1 big hill
July 15 th	Southbank footbridge MEL 2F F7	Short ride	Easy
July 22 nd	Albion Station MEL 26 F10	Circuit via the western trails to city~ 50km Riding verge of the Western Highway, Western Ring road, Deer Park bypass and Federation trails to city	Easy
July 29 th	No ride		
Aug 5 th	Southbank footbridge MEL 2F F7	Short ride	Easy
Aug 12 th	Belgrave station carpark MEL 75 F10	<i>Belgrave to Southbank~ 54km.</i> Ride to Southbank via Belgrave railtrail , Blind crk, Shepherds rd.to Scotsman crk, Gardener crk and MainYarra trails.	Medium
Aug 19 th *	Southbank footbridge MEL 2F F7	Short ride Leader Peter Sperring.	Easy
Aug 26 th	Belgrave station MEL 75 F10	<i>Belgrave to Southbank~ 60km.</i> Ride to Southbank via Belgrave railtrail , Blind crk, Eastlink, back roads of Donvale, Mullum Mullum crk and Main	Hard

		Yarra trails	
Sep 2 nd	New Quay MEL 2E 4G	Short ride	Easy
Sep 9 th	Eltham station MEL 21 J7	<i>Eltham to Southbank ~ 50km.</i> Eltham station to Aqueduct circuit and then to the city via Diamond Creek and the Main Yarra trails.	Hard/ hills
Sep 16 th	New Quay MEL 2E 4G	Short ride	Easy
Sep 23 rd *	Jacana station MEL 6 G12	<i>Woodlands Park ride ~ 50km.</i> Join the Moonee Ponds crk trail, ride to Woodlands Park, climb Gellibrand Hill and return to Southbank. Leader Richard Hawkey.	Medium
Sep 30 th	No ride		
Oct 7 th *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Oct 14 th *	Yarra Boulevard, MEL 59 B1 (St. Kevin's boathouse) or ride from Flinders St. or Burnley station.	<i>A circuit of the city ~ 70km.</i> Ride the Gardiner crk, Scotchmans crk trails to Jells Park, then the Eastlink, Koonung crk and Main Yarra trails to return to start. Leader Ed Biggs	Medium
Oct 21 st	Southbank footbridge MEL 2F F7	Short ride	Easy
Oct 28 th	Meet at Meeniyon on the GS rail trail or Southbank at 10am.	<i>Ride the (GS) Great Southern rail trail to Foster and return ~ 64km</i> or meet at Southbank to choose a ride on the day.	Medium
Nov 4 th *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Nov 11 th *	Thomastown station MEL 8 J7	<i>Greenvale to the city ~50 km.</i> Link to Ring Rd, then Westmeadows Trail, Mickelham Rd (bike lane/path), streets to Greenvale Reservoir Park. Return by Yuroke crk, Broadmeadows Valley, Moonee Ponds crk trails back to City. Leader Les Dedy.	Medium with 1 long climb
Nov 18 th		Short ride	
Nov 25 th *	Heidelberg station MEL 31 K4	<i>Croydon to Box Hill station ~ 55 km.</i> Yarra, Koonung, Mullum-Mullum Trails to end. Streets to Croydon town. Down Tarralla Creek, Dandenong Ck Trails, then streets east past Blackburn Lake, to finish at Box Hill Station. Leader Les Dedy.	Hard
Dec 2 nd *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Dec 9 th	Jacana station MEL 6 G12	<i>Southbank via Craigieburn ~ 50km.</i> Moonee Ponds crk, Broadmeadows Valley Park trails and the back streets of Roxborough Park to Craigieburn. Return to city via Hume and Merri crk trails.	Medium

Dec 16 th	Royal Park station Mel 29 E11	Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book	Easy
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Whitehorse Cyclists Inc

Last updated June 25 2009

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 05/07 9:00 am	Sunday ride	Beaumaris	45 M	Bruce D 9852 1921
Tue 07/07 9:30 am	Easy Tuesday	Knox Dand. Ck	35 E	George C 9878 0293
Tue 07/07 9:00 am	Hard Tuesday	Carrum	70 M/H	Bob B 0412 028 068
Thu 09/07 9:30 am	Thursday ride	Greensborough	55 M	Bruce D 9852 1921
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Tue 14/07 7:45 pm	Club Night	Box Hill Community Arts Centre 47 D11 Corner Station & Combarton Sts		Bob B 9801 2809
10/11/09-23/11/09	Multi day ride	South Australia	About 600 kms total	Lindsay B 9801 2809
whitehorse cyclists ... riding mid-week, weekend, in town, in the country, interstate, overseas				

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687.** Leaders can also provide additional information if required.

EasyRide: every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

HarderRide: every Tuesday and Sunday **9.00am.** BYO morning tea. Check program below.

July	Ride/Event	Description	Leader
Sun 5	<i>Valley Reserve</i> 50 km	Anniversary Trail (some H1 and 1 x H2), then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Scotchmans Creek Trail back to Ann. Trail.	Lou B/ 9459 6887
Tue 7	<i>Dandenong</i> 70 km	Koonung Trail (final long climb to the Mitcham high point), streets, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale and ride Anniversary Trail home.	Robert R/ 9439 1078
Sun 12	<i>Capital City Circuit</i> 50 km	Royal Park, Docklands (break), Southbank, Yarra Trail.	Graeme W/ 9435 9687
Tue 14	<i>Croydon</i> 45 km	Anniversary Trail to Canterbury station. Train (Zone 2 ticket) to Croydon for break. Then home down Tarralla and Dandenong Creek Trails, streets (H1) or Eastlink (2x H3), and Koonung Trail.	Les D/ 9459 2701
Sun 19	<i>Niddrie</i> 55 km.	Streets west to Maribyrnong R. At Lily St, north onto Steeles Ck Trail and follow to Valley Lake, Niddrie. Climb to Calder o'pass, then Trail to Airport West SC. Downhill to Moonee Ponds Ck at Boeing Res. Down Trail and then streets east home.	Richard B/ 9459 8648

Tue 21	<i>Westmeadows</i> ~65 km.	9.30am start to arrive midday. Capital City and Moonee Ponds Creek Trails for lunch at Westmeadows Tavern.	Alan P/ 9435 9421
Sun 26	<i>Schwerkolt Cottage</i> 42 km	Koonung Trail to Eastlink (some H3) & break at cottage. Mitcham streets to Koonung Trail home.	Graeme W/ 9435 9687
Tue 28	<i>Gardens in Lalor</i> 41 km	Out through Rivergum trail & Greensborough Rd to Ring road trail, Dalton Rd, left at David St and streets west to "City of Whittlesea Public Gardens". Return by Hume Trail, Ring road.	Maurie A/ 0409 186082
Sun 31	<i>Yarra Ride</i> 50 km	To and from break at Botanic gardens following trails on both banks of the river. Multiple H1 around the Boulevard.	Richard B/ 9459 8648

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

Melbourne Bicycle Touring Club

Rides Program

July			
Sun 05 Jul	Granite Hills of Tallarook	110km hard	Kerry McLinden
Thu 09 Jul			
Sat 11 Jul	Drouin loop visiting Brandy Creek Winery	100km hard	Judy Beswick
Sat 11 Jul	Family ride to Collingwood Children's Farm	15km easy	Paul Schofield
Thu 16 Jul	Trip Planning		Paul
Fri 17 Jul	Pub Night: Mountain Goat Brewery		Glenn Rodda
W/E 18 - 19 Jul	Castlemaine & Daylesford loop	100km med-hard	Heather Margetts
Sat 18 Jul	Ladies Lunch & Lingerie	25km easy	Claire Noonan
Sat 18 Jul	Malmsbury via Castlemaine & Fryerstown	70km med-hard	David Cash
Sun 19 Jul	Leather saddle tour for old bikes, blokes & sheilas	70km medium	Peter Signorini
Thu 23 Jul	King Island Trip photos		Kirsty

W/E 25 - 26 Jul	Colac to Apollo Bay Youth Hostel	160km med-hard	Heather Margetts
Sat 25 Jul	Porcupine Ridge Road	80km med-hard	Kerry McLinden
Sun 26 Jul	Kinglake Loop	80km med-hard	Alister Briggs
Thu 30 Jul	Lights & being seen		John Harland
August			
Sun 02 Aug	Hughes Creek	65km medium	Peter Boemo
Sun 09 Aug	Donna Buang Snow Ride	55km hard & cold	Peter Signorini
Sat 19 Sept - Sun 27 Sept	Kangaroo Island		Glenn Rodda

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>